

In-Depth Formation in a Guided Book Study

Love Neighbor and Self Better by Being Trauma Informed

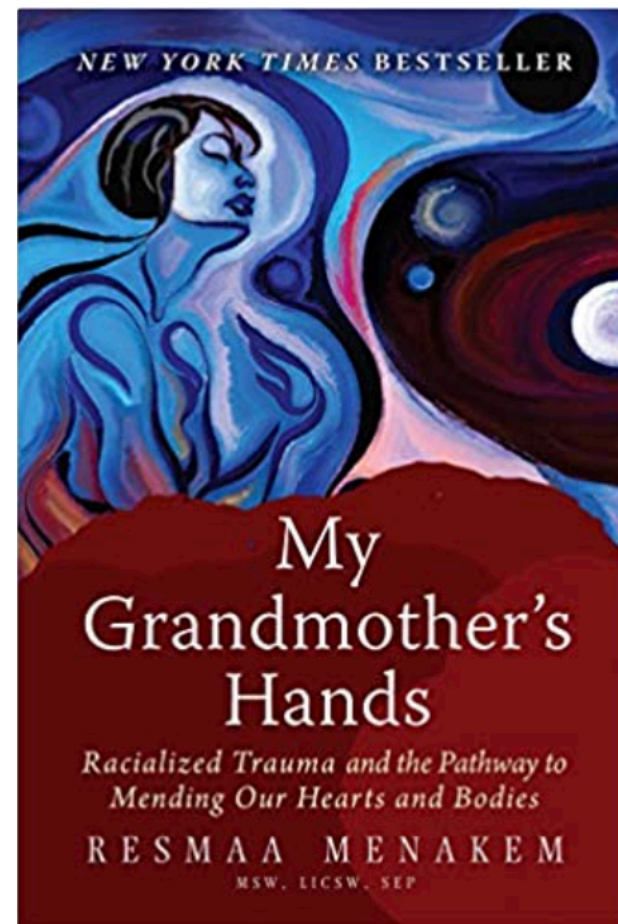
Undertake this sacred journey along a pathway from racialized trauma to mending our hearts and bodies. We will meet once a month for two hours over the course of 2023. In between the twelve gatherings we will read chapters and practice the exercises in order to metabolize our own trauma, especially our racialized trauma.

The group is led by Michaela Brown and Rick Matters

Michaela is multiracial equity trainer, facilitator, and activist

Rick is a white racial equity trainer, activist, and priest

We will normally meet on the third Thursday of each month via zoom, beginning on January 19, from 7:00 to 9:00pm. Requested donation of at least \$100, with scholarships available. Space is limited. Register via the diocesan webpage spokanediocese.org or [Here](#)



**Sponsored by the Beloved Community Working Group
of the Episcopal Diocese of Spokane**